

EMPACT News

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**WATER
INFO NOW**
The latest information about the EMPACT
water quality information program

November 2003

Why Water Quality is Important to You

Bottled Water

You see them everywhere. People carry them to work, while shopping, or just out for a walk. But how much do you know about these bottles of water that nearly everyone seems to have in their hand? Bottled water may seem like a relatively new idea but water has been bottled and sold for thousands of years. For example in Europe, water from mineral springs has for centuries been thought to have curative and sometimes almost spiritual powers. To pioneers traveling across the United States during the 19th century drinkable water was a necessity to be purchased in anticipation of the long trip across the arid West and carried thousands of miles in barrels.

Companies that bottle water focus on quality, consistency and safety. Tucson Water and most other water utilities do the same. In other words, you can have the same level of confidence about the quality of your tap water as you do for bottled water.

As most people know water is essential to human health and drinking enough water on a daily basis is important. National surveys, however, indicate that most of us might not be drinking enough water.

Bottled water consumption in the United States has tripled since the early 1990s, with sales reaching \$4 billion annually. According to the International Bottled Water Association (IBWA), an industry trade group, Americans are drinking bottled water in record numbers- 5 billion gallons in 2001, which is about the same amount of water that falls in two hours from the American side of Niagara Falls. Industry experts anticipate that bottled water will be second only to soft drinks as America's beverage of choice in the next few years.

Today there are many different brands and kinds of bottled water to choose from. Consumers should be aware of the quality of the water that they are purchasing. The types of bottled water now on the market include spring, mineral, purified, distilled, carbonated, and oxygenated, as well as flavors such as lemon or strawberry, and specific brands aimed at children. A big seller at the moment is "designer water" - bottled waters with herbals, vitamins and minerals, or caffeine added. Bottled waters contain varying amounts of sodium and some contain natural or added carbonation.

(Bottled Water article will be continued in the next issue of EMPACT.)

EMPACT News - Water Info Now is published by the EMPACT Team led by Tucson Water and provides up-to-date information about water quality in the greater Tucson area. To be added to the mailing list, please call 791-5080, ext. 1372 or email DQuintal@ci.tucson.az.us.

Esta información está disponible en español. Por favor llame al 791-5080, ext. 1372.

For more information about the EMPACT program for Tucson's water quality reporting, visit the Tucson Water web site at www.cityoftucson.org/water. For more information about the USEPA's EMPACT programs nationwide, visit the EPA website at www.epa.gov/empact.

Partner in focus

The keys to the EMPACT project are its community focus and the circle of partners that have joined Tucson Water in developing water quality information and communicating about it to citizens. Each issue of EMPACT News will feature one of the project partners.



Araceli Gonzalez, Marleen Kotelman, and Thea Cañizo of the TUSD Science Resource Center.

Drinking Water Makes Students Thirsty For Knowledge



TUSD

Tucson Unified School District's Science Resource Center is proud to be a partner of the EMPACT Project. The Science Resource Center provides K-8 curriculum to more than 44,000 students in TUSD and professional development materials to the district's K-8 teachers. The Science Resource Center is nationally recognized as a model science center promoting scientifically literate students.

The hands on/minds on curriculum uses approximately 1,400 different items and materials used by teachers and students. These materials must be replaced after each classroom use, and the Science Resource Center is responsible for supplying them on an on-going basis. Two of TUSD's science modules focus heavily on water issues within our community: Water, a program for third graders, and Weather & Water, for sixth graders. Professional development of teachers is supported by Tucson Water, its EMPACT partners, and other related organizations and provides teachers with information about water quality to better enable them to make classroom learning relate to day-to-day life.

Anyone is welcome to visit the Science Resource Center. For more information, contact Marleen Kotelman or Thea Cañizo, TUSD K-8 Science Specialists, at 225-4933 or email us at marleen.kotelman@tusd.k12.az.us or thea.canizo@tusd.k12.az.us. You can find the Science Resource Center's web page at instech.tusd.k12.az.us.

Water is Critical to "Brain Power" at School

Can you imagine spending everyday at work with the flu? That's as close as adults will come to experiencing how children feel during the school day when they aren't drinking enough water. Dehydration can have a damaging effect not only on their health, but on their education too.

Children who are dehydrated don't learn well. All brain activity is neurological and is a chemical reaction that doesn't function without water. Studies have found that children who are dehydrated do not work as well in the classroom as those who have drunk enough water throughout the day.

Dehydrated children can exhibit a pattern of lethargy, temper tantrums, academic underachievement, poor behavior and illness. Proper water intake results in greater alertness in the classroom, particularly in the afternoon.

Drinking water after the lunchtime break helps pupils cool down and calm down. Filling the thirst gap with carbonated drinks can bring about other problems with health and behavior.

Serious health problems later in life are often the result of chronic dehydration experience as a child. If children don't drink enough water, the



Could drinking more water improve your child's test scores?

delicate enzyme systems their bodies depend on begin to become unstable. Long-term problems of infection, kidney disease and high blood pressure could be the price some people pay for drinking too little water as a child.

Find out what kind of beverages are available in the vending machines at your child's school and talk to administrators about including bottled water in them.

First and foremost, tell your children about the importance of drinking water and try to get them in the habit of turning to water when they're thirsty instead of soda. You can even set a good example by drinking more water yourself!

Tucson Water's EMPACT Community Partners

These organizations have joined with Tucson Water in the EMPACT Program to develop and communicate water quality information to the residents of Tucson.

Tucson Unified School District

U. of A., Department of Soil, Water & Environmental Science

U. of A., Water Resources Research Center

U. of A., Southwest Environmental Health Sciences Center

U. of A., National Science Foundation, Water Quality Center

Pima County Health Department

Tucson Hispanic Chamber of Commerce

Pima County Wastewater Management Department

Arizona Department of Environmental Quality

Tucson-Pima Public Library

City of Tucson Department of Neighborhood Resources

Tucson Water Tracks Water Quality

What essential product that you rely on every day is tested for purity an average of every 60 seconds, 24 hours a day? Your drinking water!

The USEPA requires that all public water utilities issue a drinking water quality report to their customers every year as part of the Safe Drinking Water Act. This is a single report that provides water quality data to you in an understandable manner on your drinking water. These reports are also known as Consumer Confidence Reports (CCR).

For a copy of the 2002 Annual Water Quality Report or CCR, call the utility's Public Information Office at 791-4331 or visit www.cityoftucson.org/water and click on Water Quality.

